

This is my life...

Pre-contemplation: *(Pre = Before, Contemplation = Thinking about change.)*

Why should I change anything about my life?

Contemplation: *(thinking about making changes)*

How do I make changes to my life?

Preparation & Determination: *(Getting ready to make changes.)*

I am (slowly) changing my life...

Action: *(Starting to make real life changes.)*

How do I keep my life changes going?

Maintenance: *(Having a good daily program of recovery.)*

My life just keeps getting better...

Life-long Recovery: *(From recovery to discovery.)*